



simplafyi



PROGRAMS & SERVICES

2024

ABOUT US

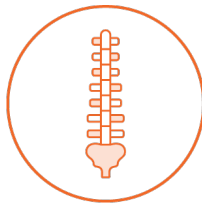
SimplaFYI is a health and wellbeing company **focused on integrative care**. We partner with vetted practitioners to bring you **quality programs and services to advance your teams' health and wellbeing**. We offer our programming in a variety of settings **to accommodate your team**.



Acupuncture



Behavioral
Health



Chiropractic



Health
Coaching



Massage



Meditation
& Mindfulness



Nutrition
Coaching



Qigong



Reiki



Tai Chi



Yoga



+ More

WHY INVEST IN YOUR TEAMS' **WELLBEING?**



**Supports a
caring culture**



**Positively impacts
performance**



**Positively influences
health care costs**

THE OVERVIEW

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BODY POSITIVITY: HAPPY, HEALTHY AND CONFIDENT

Discover how to accept yourself with a community of like-minded people.

In these workshops your team will:

- **Explore** messages about bodies, health, gender, beauty, food, and exercise
- **Gain** an understanding of the messages from the past that affect our current relationships with our bodies
- **Reclaim** their health
- **Cultivate** self love
- **Practice** intuitive self-care
- **Declare** their authenticity
- **Share** stories



PLACE OF SERVICE

- **Virtual**

GET PLANTED CHALLENGE

This challenge will encourage your team to eat more plants to improve their health and wellbeing.

Each session will educate your team on the health merits of the food group and a “Cooking Together” class making a simple recipe incorporating the featured food.



PLACE OF SERVICE

- Virtual



JUMPSTART YOUR HEALTH!

Whole Plant Food Immersion.

Learn why consuming more plants will feed your team's health in this engaging series. They will learn to read labels, meal plan, shop, and yes cook delicious meals! Each cooking session will include breakfast, lunch, and dinner. Busy life? Batch cooking and ideas for super easy meal prep included.



PLACE OF SERVICE OPTIONS

- **Virtual**
- **On Site**
(Kitchen area required)
- **Hybrid**
(Kitchen area required)

THE MAGIC OF MINDFUL EATING

This Mindful Eating interactive course is offered in bite size pieces so that your team has a chance to digest all the information.

This course will set your team up for success with sustainable mindful eating practices and cultivate ease with their health and wellness.



PLACE OF SERVICE

- Virtual



REIKI FOR STRESS REDUCTION

Reiki is an effective way to reduce stress and stress-related symptoms.

An overactive mind, chronic pain, anxiety, poor sleep and migraines are some common stress effects for employees which can be addressed with Reiki.



PLACE OF SERVICE

- **On-Site**
(Quiet room with an outlet and two chairs)

RETRAIN YOUR BRAIN FOR MORE POSITIVITY

The brain is one of the most powerful muscles in the body, and negative moods often result in reduced productivity, difficulty focusing, and decreased happiness.

This presentation discusses methods of retraining the brain to focus on a positive mindset by transforming negative thoughts through gratitude, positive reframing, mindfulness and self-care.



PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid



STRESS LESS

As you know, stress is one of the largest contributors that impacts productivity and business outcomes.

In this session, your team will practice meditation, learn the foods that nourish and calm the body, plus other natural techniques to stress less.



PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid

THE HEALTH PROMOTING POWER OF DAILY HABITS & PRACTICES



Discover evidence-based practices that support the therapeutic use of lifestyle change as the foundation of health.

Learn about the pillars of Lifestyle Medicine as they relate to chronic condition management, prevention and reversal of lifestyle diseases, including obesity, diabetes and hypertension.

PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid



WORKING PARENTS SURVIVAL GUIDE

Whether new, seasoned, or soon-to-be parents, these sessions will help your team navigate the challenges of juggling their priorities amidst balancing parenthood and career.

Your team will learn tips, and get resources to support their success. They will have the opportunity to share their challenges, approaches and solutions with colleagues.



PLACE OF SERVICE

- Virtual

ACUPRESSURE

Acupressure is a blend of massage and acupuncture techniques using manual pressure applied to specific body points.

Some benefits of acupressure include:

- *improved* digestion
- *improved* sleep
- *reduced* stress
- pain *relief*



PLACE OF SERVICE OPTIONS

- On Site
- Practitioners Office

ACUPUNCTURE

Acupuncture has a variety of benefits including:

- **Reduce** stress
- **Ease** pain
- **Relieve** allergy symptoms
- **Improve** digestion
- **Alleviate** headaches and migraines
- **Advance** women's health



PLACE OF SERVICE OPTIONS

- **On Site**
(conference room, recliner chairs)
- **Practitioners Office**



CHIROPRACTIC CARE

A chiropractic adjustment is a therapeutic treatment where a licensed chiropractor uses their hands or special instruments to manipulate joints in the body.

This treatment is also called spinal manipulation or joint manipulation. A chiropractic adjustment can help reduce pain, correct the body's alignment and improve how the body functions physically.



PLACE OF SERVICE

- On Site

COACHING FOR HEALTH AND HAPPINESS

Build habits that support individual goals and needs.

An employee-centered coaching approach empowers your team with the mindset and tools to be happy, healthy, and confident.



PLACE OF SERVICE

- Virtual

FOOD AND MOOD

Reduce inflammation and optimize gut health, creating a happier body and healthier mood.

This presentation will focus on the impact of the Standard American Diet on mental wellbeing and includes common foods and ingredients that can lead to anxiety, as well as healthier alternatives.

PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid

HEALTH COACHING FOR SUCCESS

Rooted in functional medicine, your team will discover how they can achieve optimal wellbeing and the cause of some chronic conditions.



PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid

QIGONG

Qigong, pronounced “chi gong,” was developed in China thousands of years ago.

Here’s what your team can expect:

- Breath is *slow, long, and deep*.
- Movements are typically *gentle and smooth*, aimed for relaxation.
- Focus on *attention and visualization*.

PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid



THE BALANCE OF TAI CHI

Tai Chi is an ancient martial arts practice that has a variety of health benefits, including improved:

- *Balance*
- *Concentration*
- *Coordination*



PLACE OF SERVICE

- **On Site**
(open space with good ventilation and lighting)

THRIVE

This series focuses on home, mind, and body.

In each session your team will learn sustainable wellness tips to improve their overall wellbeing contributing to advances in their daily productivity, mood, and resilience.

PLACE OF SERVICE OPTIONS

- Virtual
- On Site
- Hybrid



YOGA

Yoga strings postures together moving from one to another, seamlessly, using breath.

Yoga helps to develop a more balanced body and mind, builds strength and focus.

Your team will stretch and lengthen using their breath to ease in. They will leave with more focus, less stress and increased resilience.

This is an All Levels class.



PLACE OF SERVICE OPTIONS

- **Virtual**
- **On Site**
(room with privacy)



PERSEVERANCE POSITIVITY

BALANCE RESILIENCE

IMPROVE BUSINESS OUTCOMES

INNOVATIVE COMMITMENT
SUPPORT SERVICES WELLBEING
PRODUCTIVITY QUALITY CULTURE

⊗ DISORGANIZED

⊗ NEGATIVITY

⊗ CONFLICT

⊗ TOXICITY

⊗ DISENGAGEMENT

⊗ IMBALANCED

⊗ RIGID

⊗ BIASED

⊗ STRESS

⊗ UNSUPPORTIVE

⊗ DISCOMFORT

⊗ DISTRACTED

SCHEDULE YOUR PROGRAMS AND SERVICES

Email

krepoli@simplafyi.com

Include

- Title of programs and services
- Place of Service
- Dates you are interested in
- Best way to contact you

Call Kathleen

401-374-9000



**Investment varies by program/
service**



Didn't see what you're looking for?

Let's chat. Send me an email ***and let me know what you need.***

Kathleen: krepoli@simplafyi.com

**We will customize a program
that's right for your team.**